Wissahickon School District Parent Health Forum

March 19, 2015 6:45-8:15

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| **A Healthy Way of Life!** |  | **6:45 pm *Start eating healthy!***  * It’s easier than you think! Take it one step at a time! * Come listen and learn how to incorporate healthy eating and physical activity goals to achieve success. * ***“A Healthy*** *Way of Life*,” presented by Teri Wassel, M.S., R.D. from the *Montgomery County Health Departmen*t illustrates the five food groups from “ChooseMYPlate” that are the building blocks for a healthy diet using a familiar image- a place setting for a meal. * Discover easy techniques you can used to start building a healthier lifestyle. * Learn how making informed food choices and being physically active can help you attain and maintain a healthy weight, reduce your chronic disease and promote overall health. * Learn MONTCO’s 5-2-1-0 message   **7: 30 pm *Know Your Numbers-Adult Hypertension***   * Adult hypertension continues to remain one of the leading risk factors for heart disease. * Many adults are unaware of their hypertension. * Hypertension is common and manageable. * Presenter, ***Kathyrn McCarter, RN, MSHA,*** ***CCP, Director of Community Health***-***Abington Health*** will discuss current hypertension identification strategies and treatment recommendations. * **FREE BLOOD PRESSURE SCREENING** |  |
| **LOCATION**  **\****Please note: If schools are closed or dismiss early due to inclement weather, this event will be cancelled or rescheduled.* | W | **Wissahickon High School – Audion** **521 Houston Road**  **Ambler, PA 19002** |  |